

## In the Claims

1. (original) A headrest (1) for a seat (3), preferably a passenger seat, in particular an aircraft passenger seat, having at least one tilt (27) and one height adjustment mechanism (12) for adjustment of the tilt or the height of the headrest (1) relative to the backrest (2) of the seat (3) on which the headrest (1) may be mounted, a pivot shaft (28) for the respective tilt adjustment of the headrest (1) being mounted facing away from the headrest (1) on an associated guide component (14) which, being displaceable, operates in conjunction with a longitudinal guide and together with this component constitutes a part of the height adjustment mechanism (12), the longitudinal guide (13) being an integral component of the headrest (1) and the pivot shaft (28) of the respective guide component (14) being mounted so as to be stationary relative to the backrest (2), characterized in that the height adjustment mechanism (12) is mounted between the pivot shaft (28) for adjustment of the tilt of the headrest (1) and the side of the headrest (1) facing away from a seat occupant.

2. (currently amended) The headrest as claimed in claim 1 ~~or 2~~, wherein the height adjustment mechanism (12) has a catch positioning mechanism (15).

3. (original) The headrest as claimed in claim 3, wherein the catch positioning mechanism (15) has in the longitudinal guide (13) a spacing component (16) having recesses (17) in which a prestressed catch component (18) of the guide component (14) may be engaged.

4. (currently amended) The headrest as claimed in ~~one of~~ claims 1 ~~to 3~~, wherein the height adjustment mechanism (12) has at least one energy accumulator component (19), especially in the form of a tension spring, which extends along the respective longitudinal guide (13) and is coupled with a point of application (20) on the guide component (14) and with another point of application (21) in the area of the lower side of the headrest (1).

5. (original) The headrest as claimed in claim 4, wherein a seating component (23) which is detachably connected to the headrest (1) serves as the other point of application (21) in the area of the lower side of the headrest (1).

6. (currently amended) The headrest as claimed in claim 4 ~~or~~ 5, wherein the guide component (14) has a recess for the energy accumulator component (19) such that, when the headrest (1) is in the fully extended position, the energy accumulator component (19) is integrated with the guide component (14).

7. (currently amended) The headrest as claimed in ~~one of~~ claims 1 ~~to~~ 6, wherein such headrest is provided with two side components (7) which may be mounted relative to a base component (6) in assignable angular positions relative to the base component (6) and by way of a locking mechanism (8), a catch mechanism in particular.

8. (currently amended) The headrest as claimed in ~~one of~~ claims 1 ~~to~~ 7, wherein the pivot shaft (28) is in the form of a friction coupling (29) on the guide component (14) and wherein a fastening point (30) for the headrest (1) is connected to the guide component (14) on a backrest (2) by way of the friction coupling (29).

9. (currently amended) The headrest as claimed in claim 7 ~~or~~ 8, wherein the base component (6) and the two side components (7) are configured as laminar molded components.

10. (original) The headrest as claimed in claim 9, wherein the base component (6) has a central recess (10) and wherein the height and tilt adjustment mechanisms (11) extend on both sides beside the central recess (10) along the base component (6) facing the two side components (7).

11. (currently amended) The headrest as claimed in ~~one of~~ claims 7 ~~to~~ 10, wherein a lighting fixture is seated in the padding of at least one of the two side components (7).